

# 2005

## CONNECTICUT SCHOOL HEALTH SURVEY YOUTH TOBACCO COMPONENT

### STUDENT QUESTIONNAIRE

This survey is about tobacco use. It has been developed so you can tell us what you do that may affect your health. This is NOT a test! It will help us develop better tobacco education programs for young people like yourself.

**DO NOT write your name on the survey or answer sheet.** The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really know or do.

Taking part in this survey is voluntary. Your grades will not be affected, and no one will ever know your answers. If you are not comfortable answering a question, just leave it blank.

The questions about your background will only be used to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be recorded or reported.

Make sure you fully read and attempt to answer every question on the survey. Be as honest as you can with your answers. **USE THE PENCIL PROVIDED.** Be sure you fill in the circles on the answer sheet completely. When you are finished, sit quietly and wait for instructions from the person giving the survey.

**Thank you very much for your help.**

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**Directions**

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B C D
- To change your answer, erase completely.

The first questions ask for some background information about yourself.

- How old are you?
  - 11 years old or younger
  - 12 years old
  - 13 years old
  - 14 years old
  - 15 years old
  - 16 years old
  - 17 years old
  - 18 years old or older
- What is your sex?
  - Female
  - Male
- What grade are you in?
  - 6th
  - 7th
  - 8th
  - 9th
  - 10th
  - 11th
  - 12th
  - Ungraded or other grade
- How do you describe yourself? **(Choose one answer or more than one)**
  - American Indian or Alaskan Native
  - Asian
  - Black or African American
  - Hispanic or Latino
  - Native Hawaiian or Other Pacific Islander
  - White
- Which one of these groups BEST describes you? **(Choose only one answer)**
  - American Indian or Alaska Native
  - Asian
  - Black or African American
  - Hispanic or Latino
  - Native Hawaiian or Other Pacific Islander
  - White
- How tall are you without your shoes on?

**Directions:** Write your height in the shaded blank boxes and fill in the matching oval below each number on your answer sheet.

Example:

Height	
Feet	Inches
5	11
<input type="radio"/> 3	<input type="radio"/> 0
<input type="radio"/> 4	<input type="radio"/> 1
<input checked="" type="radio"/>	<input type="radio"/> 2
<input type="radio"/> 6	<input type="radio"/> 3
<input type="radio"/> 7	<input type="radio"/> 4
	<input type="radio"/> 5
	<input type="radio"/> 6
	<input type="radio"/> 7
	<input type="radio"/> 8
	<input type="radio"/> 9
	<input type="radio"/> 10
	<input checked="" type="radio"/>

- How much do you weigh without your shoes on?

**Directions:** Write your weight in the shaded blank boxes. Fill in the matching oval below each number.

Example:

Weight		
Pounds		
1	5	3
<input checked="" type="radio"/>	<input type="radio"/> 0	<input type="radio"/> 0
<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 1
<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 2
	<input type="radio"/> 3	<input checked="" type="radio"/>
	<input type="radio"/> 4	<input type="radio"/> 4
	<input checked="" type="radio"/>	<input type="radio"/> 5
	<input type="radio"/> 6	<input type="radio"/> 6
	<input type="radio"/> 7	<input type="radio"/> 7
	<input type="radio"/> 8	<input type="radio"/> 8
	<input type="radio"/> 9	<input type="radio"/> 9

**The next group of questions ask about tobacco use.**

**Cigarette Smoking**

8. Have you ever tried cigarette smoking, even one or two puffs?
  - a. Yes
  - b. No
9. How old were you when you smoked a whole cigarette for the first time?
  - a. I have never smoked a whole cigarette
  - b. 8 years old or younger
  - c. 9 or 10 years old
  - d. 11 or 12 years old
  - e. 13 or 14 years old
  - f. 15 or 16 years old
  - g. 17 years old or older
10. About how many cigarettes have you smoked **in your entire life**?
  - a. None
  - b. 1 or more puffs but never a whole cigarette
  - c. 1 cigarette
  - d. 2 to 5 cigarettes
  - e. 6 to 15 cigarettes (about 1/2 a pack total)
  - f. 16 to 25 cigarettes (about 1 pack total)
  - g. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)
  - h. 100 or more cigarettes (5 or more packs)
11. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
  - a. Yes
  - b. No
12. During the past 30 days, on how many days did you smoke cigarettes?
  - a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 to 19 days
  - f. 20 to 29 days
  - g. All 30 days
13. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?
  - a. I did not smoke cigarettes during the past 30 days
  - b. Less than 1 cigarette per day
  - c. 1 cigarette per day
  - d. 2 to 5 cigarettes per day
  - e. 6 to 10 cigarettes per day
  - f. 11 to 20 cigarettes per day
  - g. More than 20 cigarettes per day
14. During the past 30 days, what brand of cigarettes did you usually smoke? (**Choose only one answer**)
  - a. I did not smoke cigarettes during the past 30 days
  - b. I do not have a usual brand
  - c. Camel
  - d. Marlboro
  - e. Newport
  - f. Virginia Slims
  - g. GPC, Basic, or Doral
  - h. Some other brand
15. Are the cigarettes you usually smoke menthol cigarettes?
  - a. I do not smoke cigarettes
  - b. Yes
  - c. No
16. During the past 30 days, how did you usually get your own cigarettes? (**Choose only one answer**)
  - a. I did not smoke cigarettes during the past 30 days
  - b. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
  - c. I bought them from a vending machine
  - d. I gave someone else money to buy them for me
  - e. I borrowed (or bummed) them from someone else
  - f. A person 18 years old or older gave them to me
  - g. I took them from a store or family member
  - h. I got them some other way

17. During the past 30 days, where did you buy the last pack of cigarettes you bought?  
(Choose only one answer)
- I did not buy a pack of cigarettes during the past 30 days
  - A gas station
  - A convenience store
  - A grocery store
  - A drugstore
  - A vending machine
  - I bought them over the Internet
  - Other
18. When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?
- I did not try to buy cigarettes in a store during the past 30 days
  - Yes, I was asked to show proof of age
  - No, I was not asked to show proof of age
19. During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age?
- I did not try to buy cigarettes in a store during the past 30 days
  - Yes, someone refused to sell me cigarettes because of my age
  - No, no one refused to sell me cigarettes because of my age
20. During the past 30 days, on how many days did you smoke cigarettes on school property?
- 0 days
  - 1 or 2 days
  - 3 to 5 days
  - 6 to 9 days
  - 10 to 19 days
  - 20 to 29 days
  - All 30 days
21. When was the last time you smoked a cigarette, even one or two puffs?
- I have never smoked even one or two puffs
  - Earlier today
  - Not today but sometime during the past 7 days
  - Not during the past 7 days but sometime during the past 30 days
  - Not during the past 30 days but sometime during the past 6 months
  - Not during the past 6 months but sometime during the past year
  - 1 to 4 years ago
  - 5 or more years ago
22. How long can you go without smoking before you feel like you need a cigarette?
- I have never smoked cigarettes
  - I do not smoke now
  - Less than an hour
  - 1 to 3 hours
  - More than 3 hours but less than a day
  - A whole day
  - Several days
  - A week or more
23. Do you want to stop smoking cigarettes?
- I do not smoke now
  - Yes
  - No
24. During the past 12 months, did you ever try to quit smoking cigarettes?
- I did not smoke during the past 12 months
  - Yes
  - No
25. How many times during the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?
- I have not smoked in the past 12 months
  - I have not tried to quit
  - 1 time
  - 2 times
  - 3 to 5 times
  - 6 to 9 times
  - 10 or more times

26. When you last tried to quit, how long did you stay off cigarettes?
- I have never smoked cigarettes
  - I have never tried to quit
  - Less than a day
  - 1 to 7 days
  - More than 7 days but less than 30 days
  - More than 30 days but less than 6 months
  - More than 6 months but less than a year
  - More than a year

**Smokeless Tobacco: Chewing Tobacco, Snuff, or Dip**

27. Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
- Yes
  - No
28. How old were you when you used chewing tobacco, snuff, or dip for the first time?
- I have never used chewing tobacco, snuff, or dip
  - 8 years old or younger
  - 9 or 10 years old
  - 11 or 12 years old
  - 13 or 14 years old
  - 15 or 16 years old
  - 17 years old or older
29. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?
- 0 days
  - 1 or 2 days
  - 3 to 5 days
  - 6 to 9 days
  - 10 to 19 days
  - 20 to 29 days
  - All 30 days
30. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?
- 0 days
  - 1 or 2 days
  - 3 to 5 days
  - 6 to 9 days
  - 10 to 19 days
  - 20 to 29 days
  - All 30 days

31. During the past 30 days, how did you usually get your own chewing tobacco, snuff, or dip? **(Choose only one answer)**
- I did not use chewing tobacco, snuff, or dip during the past 30 days
  - I bought them in a store such as a convenience store, supermarket, discount store, or gas station
  - I gave someone else money to buy them for me
  - I borrowed (or bummed) them from someone else
  - A person 18 years old or older gave them to me
  - I took them from a store or family member
  - I got them some other way

**Cigars**

32. Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?
- Yes
  - No
33. How old were you when you smoked a cigar, cigarillo, or little cigar for the first time?
- I have never smoked a cigar, cigarillo or little cigar
  - 8 years old or younger
  - 9 or 10 years old
  - 11 or 12 years old
  - 13 or 14 years old
  - 15 or 16 years old
  - 17 years old or older
34. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?
- 0 days
  - 1 or 2 days
  - 3 to 5 days
  - 6 to 9 days
  - 10 to 19 days
  - 20 to 29 days
  - All 30 days

35. During the past 30 days, how did you usually get your own cigars, cigarillos, or little cigars? **(Choose only one answer)**
- I did not smoke cigars, cigarillos, or little cigars during the past 30 days
  - I bought them in a store such as a convenience store, supermarket, discount store, or gas station
  - I gave someone else money to buy them for me
  - I borrowed (or bummed) them from someone else
  - A person 18 years old or older gave them to me
  - I took them from a store or family member
  - I got them some other way

### **Pipe**

36. During the past 30 days, on how many days did you smoke tobacco in a pipe?
- 0 days
  - 1 or 2 days
  - 3 to 5 days
  - 6 to 9 days
  - 10 to 19 days
  - 20 to 29 days
  - All 30 days

### **Bidis and Kreteks**

**The next questions are about bidis (or “beedies”) and kreteks (also called “clove cigarettes”). Bidis are small brown cigarettes from India made of tobacco wrapped in a leaf tied with a thread. Kreteks are cigarettes made of tobacco and clove extract.**

37. Have you ever tried smoking any of the following:
- Bidis
  - Kreteks
  - I have tried both bidis and kreteks
  - I have never smoked bidis or kreteks
38. During the past 30 days, on how many days did you smoke bidis?
- 0 days
  - 1 or 2 days
  - 3 to 5 days
  - 6 to 9 days
  - 10 to 19 days
  - 20 to 29 days
  - All 30 days

### **The next questions ask about your thoughts about tobacco.**

39. Do you think that you will try a cigarette soon?
- I have already tried smoking cigarettes
  - Yes
  - No
40. Do you think you will smoke a cigarette at anytime during the next year?
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
41. Do you think you will be smoking cigarettes 5 years from now?
- I definitely will
  - I probably will
  - I probably will not
  - I definitely will not
42. If one of your best friends offered you a cigarette, would you smoke it?
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
43. On a regular day, how many hours do you usually spend after school **without** an adult present?
- I do not spend time after school without an adult present on a regular day
  - Less than 1 hour per day
  - 1 hour per day
  - 2 hours per day
  - 3 hours per day
  - 4 hours per day
  - 5 or more hours per day
44. In the past 12 months, how often have your parents or guardians discussed the dangers of tobacco use with you?
- Never
  - Rarely
  - Sometimes
  - Often
  - Very often

45. Do you think people can get addicted to using tobacco just like they can get addicted to using cocaine or heroin?
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
46. Do you think young people who smoke cigarettes have more friends?
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
47. Do you think smoking cigarettes makes young people look cool or fit in?
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
48. Do you think young people risk harming themselves if they smoke from 1 - 5 cigarettes per day?
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
49. Do you think it is safe to smoke for only a year or two, as long as you quit after that?
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
50. Do you think you would be able to quit smoking cigarettes now if you wanted to?
- I do not smoke now
  - Yes
  - No
51. Have you ever participated in a program to help you quit using tobacco?
- I have never used tobacco
  - Yes
  - No

52. During this school year, were you taught in any of your classes about the danger of tobacco use?
- Yes
  - No
  - Not sure
53. During this school year, did you practice ways to say NO to tobacco in any of your classes (for example, by role-playing)?
- Yes
  - No
  - Not sure
54. Do you believe that smokeless tobacco is safer than cigarettes?
- Yes
  - No
55. Do you believe that light (low-tar) cigarettes are somewhat less risky than regular (full-flavor) cigarettes?
- Yes, they are somewhat less risky
  - No, they pose the same risk
  - No, they are more risky
56. Did you know that cigarettes contain arsenic, benzene, ammonia, radioactive polonium, cyanide, and other chemicals?
- Yes
  - No
  - Not sure

**The next question asks about your experiences with health care providers and at school.**

57. When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?
- During the past 12 months
  - Between 12 and 24 months ago
  - More than 24 months ago
  - Never
  - Not sure

58. In the past 12 months, has a doctor or someone in a doctor's office talked to you about the danger of tobacco use?
- I have not visited a doctor's office in the past 12 months
  - Yes
  - No
59. When was the last time you saw a dentist for a check-up, exam, teeth cleaning or other dental work?
- During the past 12 months
  - Between 12 and 24 months ago
  - More than 24 months ago
  - Never
  - Not sure
60. In the past 12 months, has a dentist or someone in a dentist's office talked to you about the danger of tobacco use?
- I have not visited a dentist's office in the past 12 months
  - Yes
  - No
61. Has your school nurse ever asked you if you use tobacco in any form?
- I've never seen a school nurse
  - Yes
  - No
62. Does your school have any special groups or classes for students who want to quit using tobacco?
- Yes
  - No
  - Not sure
63. Have you ever participated in a program at school to help you quit using tobacco?
- I have never used tobacco
  - Yes
  - No
64. Has a doctor or nurse ever told you that you have asthma?
- Yes
  - No
  - Not sure
65. During the past 12 months, have you had an episode of asthma or an asthma attack?
- I do not have asthma
  - No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months
  - Yes, I have had an episode of asthma or an asthma attack during the past 12 months.
  - Not sure
66. Has a doctor or nurse ever told you that you have diabetes?
- No, I do not have diabetes
  - Yes, I have Type 1 diabetes
  - Yes, I have Type 2 diabetes
  - Yes, but I'm not sure which type
  - Not sure
- The next questions ask about events you may have attended or what you have seen on TV, at the movies, or on the internet.**
67. During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip, or cigars?
- Yes
  - No
  - I did not know about any such activities
68. During the past 30 days, how often have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?
- Not in the past 30 days
  - 1-3 times in the past 30 days
  - 1-3 times per week
  - Daily or almost daily
  - More than once a day
69. When you watch TV or go to movies, how often do you see actors using tobacco?
- I don't watch TV or go to movies
  - Most of the time
  - Some of the time
  - Hardly ever
  - Never

70. When you watch TV, how often do you see athletes using tobacco?
- a. I don't watch TV
  - b. Most of the time
  - c. Some of the time
  - d. Hardly ever
  - e. Never

71. When you are using the Internet, how often do you see ads for tobacco products?
- a. I don't use the Internet
  - b. Most of the time
  - c. Some of the time
  - d. Hardly ever
  - e. Never

**Some tobacco companies make items like sports gear, t-shirts, lighters, hats, jackets, and sunglasses that people can buy or receive free.**

72. During the past 12 months, did you buy or receive anything that has a tobacco company name or picture on it?
- a. Yes
  - b. No

73. Would you ever use or wear something that has a tobacco company name or picture on it such as a lighter, T-shirt, hat, or sunglasses?
- a. Definitely yes
  - b. Probably yes
  - c. Probably not
  - d. Definitely not

**The next questions ask about your exposure to tobacco use.**

74. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
- a. 0 days
  - b. 1 or 2 days
  - c. 3 or 4 days
  - d. 5 or 6 days
  - e. 7 days

75. During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?
- a. 0 days
  - b. 1 or 2 days
  - c. 3 or 4 days
  - d. 5 or 6 days
  - e. 7 days

76. Do you think the smoke from other people's cigarettes is harmful to you?
- a. Definitely yes
  - b. Probably yes
  - c. Probably not
  - d. Definitely not

77. Does anyone who lives with you now smoke cigarettes?
- a. Yes
  - b. No

78. Does anyone who lives with you now use chewing tobacco, snuff, or dip?
- a. Yes
  - b. No

79. Which statement best describes the rules about smoking inside your home?
- a. Smoking is not allowed anywhere inside my home
  - b. Smoking is allowed in some places or at some times
  - c. Smoking is allowed anywhere inside my home
  - d. There are no rules about smoking inside my home

80. How many close friends do you have?
- a. None
  - b. One
  - c. Two
  - d. Three
  - e. Four or more

81. How many of your four closest friends smoke cigarettes?

- a. None
- b. One
- c. Two
- d. Three
- e. Four
- f. Not sure

82. How many of your four closest friends use chewing tobacco, snuff, or dip?

- a. None
- b. One
- c. Two
- d. Three
- e. Four
- f. Not sure

**This is the end of the survey.**

**Thank you very much for your help.**